



RESPECT ALL - FEAR NONE

DEVELOPMENT

3/27/2024

SKIES Athletic Development Inbound 3-7-2024 (# 22 Week)

Good afternoon SKIES Athletic Development participants. Today our session will focus on Acceleration development focusing on both vertical and horizontal projection. We will be utilizing the "Complex" method to enhance PAP (Post Activation Potentiation) and improve time efficiency. Strength training will include upper body presses and core development. Elite Speed will be joining us today.

'Family!!!'

Shane

IAAF Notation Key: reps x distance (pace) [rest/recovery]

2-Dimensional Coaching- 1st Dimension – Fundamental Development

Quote Feeding for the week: "Failure is not final"

Πέντε Εξουσία

The Greek for our “5-Power System” (5-Biomotor Abilities Development)

Πέντε = 5

Phonetic: pénte

Pronunciation: pén.te/ → /'pen.te/ → /'pen.de/

Εξουσία = Power

Phonetic: exousía

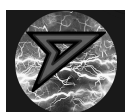
Pronunciation: ex-oo-see'-ah;

Development Group:

- High CNS/Low CNS sessions for the week: 1 High CNS demand / 0 Low CNS demand
- Session date: Thursday (3/27/2024)
- Grade level: 6th-8th Grade
- Sports: Field and Arena Sports, Track & Field
- Session objective: Universal Athlete development
- Duration: 60 minutes

Session at a glance - High CNS demand day

1. Speed Directly addressed through Lateral Movement and Change of Direction exercises
2. Strength: Directly addressed through Strength exercises
3. Endurance: Directly addressed through Strength Endurance exercises
4. Flexibility: Directly addressed through Series Active Isolated Stretching flexibility
5. Skill/Coordination: Directly addressed through skips



DREAM BIG!

Warmup:

Lunge w/ twist

Knee hugs

Quad pulls

Hamstring scoop

Shin Cradle

Side Lunges

Frankensteins/Toy Soldiers

Skip/Movement Prep:

Pogos 5 yds

Alternate Pogos 5 yds

Backwards Pogos 5 yds

A skips R leg 5 yds

A skips L leg 5 yds

A skips Alternating 10 yds

A position run (frequency) 10 yds

Jump skips for height 10 yds

Jump skips for distance 15 yds

Block A - x2-3 (20 minutes)

-Reverse Lunges to A position x8 ea. side

-Wall Yohans (reactionary) x10 switches

-Banded A skips x10 yds x2

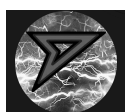
-15 yd race x2

Block B- x2-3 (5-10 minutes)

-Push-ups x13

-Chair Dips x8

-Dead bugs x20



DREAM BIG!



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